

## ABSTRACT OF THE DISCLOSURE

A magnetically damped inclinometer has a shaft with attached pendulum that rotates. The rotation causes an index member to rotate past one or a set of magnets or electromagnets that are  
5 connected to the load. The magnet or electromagnet may be mounted directly the load or it may be in the form of an off center ring. Another embodiment uses a spring to bias two magnets apart. A cam is attached to the shaft such that, as the pendulum and shaft rotate, a roller connected with the load or spreader bar allows the spring to push the magnets farther apart. The damped inclinometers are used to determine and provide information to respond to the initial sway of a  
10 load prior to bringing the load to a stop.